

Summit Health Cares 2021 Annual Report

Providing care, transforming lives.



Summit Health Cares' Mission

Summit Health Cares is focused on supporting people in need and helping our neighbors in underserved communities gain access to the medical, educational and social services they need to live a healthier life.



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www.sh-cares.org

Providing care, transforming lives.

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This report gratefully acknowledges gifts received between January 1, 2021 and December 31, 2021. Every effort has been made to ensure the accuracy of the listings in this report. We regret any errors. Please notify Joe Finocchiaro, Vice President of Development & Marketing, at jfinocchiaro@sh-cares.org of any inaccuracies or omissions.

Thank you!

Your Dollars at Work

At Summit Health Cares, we strive to make a positive impact in the community we call "home." The funds raised at our fund raising events such as the Gala+Auction, Golf Tournament and Broadway Rocks Cancer are used to provide free medical screenings and education to

clients at local food pantries, give students a close up view of what their future can look like as a health care professional, offer Mind/Body therapies and comforting touches for patients fighting cancer and so much more.

Won't you join us in building a healthier tomorrow for our neighbors?

More than

8,600

Free medical screenings provided to underserved populations.



620

Chronic Education workbooks distributed with workbook development assistance from Summit Health Endocrinology Department.

175

Podiatry screenings completed by Summit Health Podiatry Team to the underserved communities.



17,400

Feminine hygiene products distributed to FoodBank partners and underserved communities.



1,530

Covid tests performed.



3,100+

Staff volunteer hours offered.



4,100

PPE products distributed (including masks and hand sanitizer).



3,920

Attended Mind/Body programming.



65,663

Pounds of free produce distributed by CFBNJ to pantries participating in chronic disease program.



\$28,400

Scholarships awarded to students pursuing careers in health care. **\$301,400** funding to date.



From the Executive Director

Dear Friends,

I'm so excited to be a part of Summit Health Cares. I joined the foundation as the new Executive Director in the middle of a pandemic, and I have to tell you, I have been so impressed with what we've been able to accomplish as a team. We have worked hard to find ways to better serve our neighbors in need, providing access to critical care and education and offering programs to make a positive impact in the community. I know that you know how crucial this is - always - but especially during a pandemic. We wouldn't have been able to live up to our mission without the support you've shown us.

Helping our neighbors in need is more important now than ever. We've been very strategic about reaching out in our community, ensuring that as we expand our programs, we do so in areas with a high proportion of need - providing equitable access to care for all.

We have been "boots on the ground" - providing food pantry leaders the PPE and hygiene supplies needed to stay open; offering COVID-19 tests and vaccinations, alongside trusted health care providers to help address concerns; making personal calls to our Food, Health, Hope program participants to ensure they were meeting their goals - and then welcoming them back in person when it was safe to do so.

And we didn't stop there. This year, we reinvigorated our Fresh Start Initiative, working to ensure menstrual equity to prevent period poverty and to provide diapers and baby hygiene products to families who need them. Despite the pandemic, we made sure that cancer patients and their families had easy access to our Comfort Project offerings, moving them online in an effort to safely provide the emotional and social support needed. I am extremely grateful for the community partnerships that we forged to help close the gaps and provide access to medical, educational and social services for our neighbors to live a healthier life.

It's been a busy year! I hope you can get a glimpse of all we've been able to accomplish, with your support, through the articles in this book.

Thank you for believing in our mission and supporting us throughout these tough times. With your help, we'll continue providing care, transforming lives in the community.

Best,



Julienne Cherry

Executive Director,
Summit Health Cares



From the President

Dear All,



Throughout the past two years, I often hear people say, “we’re all in this together.” The longer the pandemic goes on, the more and more this rings true. To be in this together, we have to continue showing up for each other and caring about each other. At Summit Health Cares, this means continuing to be there for the underserved community day after day - and that’s just what we’ve done.

Summit Health Cares continues to expand our programs and service the needs of the community at a time when our community needs us more than ever. Our Summit Health volunteers were boots on the ground alongside our Summit Health Cares team, taking the time to sit down one-on-one with clients to address community concerns they had about COVID testing and vaccinations. We partnered with the New Jersey Department of Health to conduct COVID testing and deliver vaccines to those with limited access, including those residing in homeless shelters and train stations. We were there to help our food pantry partners stay open at their most critical time in need. We’ve delivered food, provided masks and PPE, developed tips on proper hygiene - at a time when almost everything else was shut down. We distributed menstrual products to help close the gap of period poverty. I’m truly so proud of the way we show up for our neighbors in need and look forward to continuing to do so, for as long as they need us.

I want to extend a huge “thank you” to our Summit Health Cares team - especially to **Julienne Cherry**, our new Executive Director, for her leadership that came at a very important time. Of course, a huge thank you for the tremendous support from our generous donors, volunteers and community partners. Thank you for giving your time, resources and funds to help us continue to live out our mission.

We are so grateful for your support - consistently allowing us to provide care and transform lives in the community. With your help, we will continue reaching out to our neighbors, making a positive impact, because we know that we’re truly all in this together.

In good health,

Becky Levy, Esq.

President,

Summit Health Cares

Chief Strategy Officer & General Counsel,
Summit Health

Summit Medical Group Foundation Becomes Summit Health Cares

Take a Look at How We're Evolving to Better

We recently announced that **Summit Medical Group Foundation** has become **Summit Health Cares** (SHC). We are excited about bringing our renewed mission to life - supporting our neighbors in underserved communities across New York, New Jersey and Oregon, helping them gain access to the medical, educational and social services they need to live a healthier life.

"It's an exciting time at Summit Health Cares," exclaimed **Julienne Cherry, Executive Director of SHC**. "Through myriad programs, we're finding ways to provide equitable access throughout our community. It's something we're all extremely passionate about and we can see the tangible difference it's making."



Summit Health
cares



1

Empowering Communities

Empowering communities by removing barriers to care through increased access to health screenings, raising awareness of health and medical conditions and providing education to properly treat those conditions. Throughout the pandemic, SHC has worked to ensure food pantries can remain open and able to put healthy food on the table for those in need by providing PPE, hand sanitizer and other safety measures to food pantry leaders. Through consistent health education, encouraging phone calls and on-site clinics, we have helped participants in our **Food, Health, Hope: An Answer to Diabetes** program remain on track with their health goals. We've worked with community partners to provide education, medical care, food, supplies and more through health fairs in underserved communities. And finally, we have provided convenient access to COVID-19 testing and vaccinations, while ensuring our community has accurate information on the risk COVID-19 poses and the benefits of vaccination.

2

Giving Back to the Community

Giving back to the community through financial assistance and scholarships which will help students, patients, team members and community partners achieve a healthier tomorrow. During the pandemic, many families have become financially stretched, and SHC has been working to find ways to lend a helping hand. Not only have we increased our **Patient-in-Need** fund (providing one-time grants to help cancer patients and families with critical, non-medical expenses, allowing them to focus on getting healthy), but we've also worked to provide access to scholarship money to support future health care leaders. In fact, we recently awarded the **Dr. Marcia A. Sherman Memorial Scholarship** to two deserving students: **Rosa Espinales**, pursuing a career as a Physician's Assistant, and **Dr. Adesuwa Okesanya**, pursuing an EMBA/Masters in Health care Leadership. In addition, we granted 38 **Next Generation Scholarships**, including many to Summit Health employees, encouraging entry level and junior staff to advance their careers.

er Serve the Community Around Us

Summit Health Cares has redefined four priority areas to better serve the community and we want to show you how we're bringing our mission to life.

"The foundation is truly making an impact in our community and it's due, in part, to all of our amazing volunteers, financial contributors and community partners," said **Dr. Jeffrey LeBenger, Chairman, Summit Health Cares; Chairman, Summit Health.** "It's very exciting to me because it's what I've always envisioned we could be doing."

Below is just a snapshot of how SHC is reaching out into the community, providing care and transforming lives. To learn more about how you can get involved, visit www.sh-cares.org.

3

Educating Future Medical Professionals

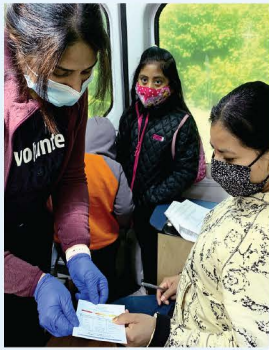
Educating future medical professionals by fostering a successful path for students to become the next generation of health care providers. SHC mentors these young people through our **Health Care Professional for a Day** program, where high school students can "test" out a career in health care by seeing first-hand what health care professionals do each day, and **1:1 Shadowing**, providing an opportunity for older students to shadow an SH health care professional in a specialty area of their choice for a day, providing unique insights into doctor/patient interactions, testing, exams and procedures. We believe that all young people interested in a future in medicine should have access to medical professionals who can help shape their future. Stay tuned for more information on our upcoming **Intern Program!**

4

Providing Comfort to Cancer Patients

Providing comfort to cancer patients and their families above and beyond medical care, helping them to maintain their emotional, physical and spiritual well-being throughout treatment and increasing their chances for survival. SHC has provided virtual access to the beloved **Comfort Project** programs to all cancer patients and their families, allowing full participation at a safe distance. In fact, we provided more than 100 hours of virtual programming! From **Zoom Pilates** classes to **virtual music concerts** on Facebook with **Bob Egan**, cancer patients have the ability to continue taking part in activities that bring comfort to their journey.





Food, Health, Hope 4.0

Chronic diseases cost the U.S. trillions of dollars each year. But there are many chronic conditions, like diabetes, that can be prevented and managed through a combination of lifestyle changes and health care interventions, saving the country tremendous amounts of money and more importantly, saving lives. Summit Health Cares has been working for four years on a program that aims to do just that.

SHC's **Food, Health, Hope: An Answer to Diabetes (FHH)** program works to identify food pantry participants who have pre-diabetes, diabetes or hypertension providing them access to health care they may not otherwise have. FHH participants enroll in a year-long program complete with access to quarterly health screenings and lifestyle health education. In conjunction with the program's food bank partner, **The Community FoodBank of New Jersey**, participants receive nutrition education and supplements of diabetes – appropriate foods in addition to their normal food pantry distribution. With access to free fresh fruits, vegetables and diabetes-approved foods, participants have everything they need at their fingertips to be successful in improving their diets.

FHH participants also work one-on-one with SHC staff and Summit Health volunteers to set individual health goals. *"This program makes it very easy to get a screening and to get education,"* said **Bernadette Murphy, Executive Director, St. Joseph Social Service Center**, a participating food pantry. *"And having bilingual participants and bilingual staff from Summit Health Cares is tremendously important."*

FHH locations are in Essex, Hudson, Passaic and Union counties where type 2 diabetes rates are significant, as individuals with diabetes are more likely to have serious complications from COVID-19 than the general population. Helping participants manage their diabetes while providing education and resources for COVID vaccinations, has been a priority. Keeping

diabetes under control is one of the best defenses against COVID-19. With confusion surrounding the coronavirus, SHC realized they could provide a little extra help in the community. Partnering with community organizations, SHC brought COVID-19 testing and vaccinations directly to participants at food pantries. Medical volunteers from Summit Health sat down with participants to answer questions about the vaccine, working to alleviate concerns and share accurate information about how to prevent the spread of COVID-19. During the pandemic, participants have been extremely grateful for continued access to health care and education. *"In the past 20 months in a chaotic world, our peren-*

nial presence in the community provided consistency and we are recognized as a trusted resource. The relationships we developed with the participants offered the assurance that we provide accurate information for this underserved community," explained **Kerry Kelley, SHC Director of Clinical Programs and Wellness**. *"Even in the times where we're not physically present, we are always available - just a phone call away to provide support to those in need."*

A representative from the American Medical Association Foundation explained that SHC refers to the people they serve through FHH as "participants" and the participants refer to SHC as their "lifeline."



SHC has been working with **Rutgers University, Institute for Health Care Policy and Aging Research** to conduct an evaluation of the program each year to determine what is working and what could be done to improve the outcomes for participants. For the third year in a row, the evaluation found that there were statistically relevant decreases in systolic blood pressure and weight. And that reinforces what SHC is hearing on the ground from participants. The common refrain has become, *"I'm using the healthy food I'm getting here. I'm listening to the education. I'm eating healthier and walking more. I'm doing what you're teaching us to do."* One participant was proud of her new-found moderation, explaining that she had moved from someone who ate rice



every day, to only eating it once in the last two weeks. Kelley said she recently learned about three FHH participants over the age of 50 who started juicing in the morning with the fresh produce they were receiving at the food pantry.

To prepare for FHH 4.0, SHC screened 700 people to assess eligibility and found 450 to be qualified for enrollment in the program. For year four, SHC added a new diabetes workbook, which has been translated into Spanish and Creole. The workbook is given out to all FHH participants and used to teach participants about prediabetes and diabetes. *"The workbook provides specific education lessons on diabetes and hypertension, ensuring equity and access to health care,"* said Kelley. FHH participants work with clinical staff from SHC and Summit Health to use the workbooks to provide chronic disease management and engage participants in adapting behavior changes to optimize their health.

FHH 4.0 has placed an emphasis on physical activity. Since studies show that consistent use of a fitness tracker, with an established goal, is a great health tool, SHC is distributing fitness trackers to all participants. *"It is our goal that our participants will be motivated to engage in physical activity which can produce significant improvements in health,"* commented Kelley. *"We plan to emphasize the importance of at least 30 minutes of daily activity and promoting non-sedentary activities, while making fitness fun. Our participants are really looking forward to receiving their fitness tracker! Their excitement increased when they*

learned that all who achieve the minimum number of required steps will be entered in a raffle."

In conjunction with the nine Community FoodBank of NJ partners, FHH 4.0 participants have access to:

- ✓ Free healthy, diabetes-appropriate food boxes with fresh produce, whole grains and lean meats twice a month, in addition to normal food pantry distribution;
- ✓ Culturally and ethnically sensitive recipes;
- ✓ Free nutrition, diabetes and healthy lifestyle education (both in-person counseling with SHC staff and clinical volunteers and via brochures and workbooks, during the pandemic);
- ✓ Free quarterly health screenings and education for obesity, hypertension and diabetes;
- ✓ Assistance with individual goal setting;
- ✓ Free annual multi-specialty screening in bodily areas affected by diabetes, including feet and eyes; and
- ✓ Referrals to community resources.

"The moral support and friendliness and great partnership attitude that everyone at Summit Health Cares brings when they come to St. Joseph Social Service Center has been a blessing, not just for our participants in our community, but for us as a staff and team of volunteers as well," Murphy said. *"It's really been very valuable and very reassuring to have Summit Health Cares as part of our team."*

FHH is made possible by grant funding from the **American Medical Association Foundation** and **The Horizon Foundation for New Jersey**, and through the incredible support of SHC's individual and corporate donors. This critical community program would not exist without the generous **Summit Health volunteers**, who give their time and expertise to help provide access to critical health care for the underserved community.

THANK YOU!



Food Bank Partner:



Participating Food Pantries:



ST. JOSEPH SOCIAL SERVICE CENTER IN ELIZABETH



SOLID ROCK BAPTIST FOOD PANTRY IN IRVINGTON



DEEPER LIFE BIBLE CHURCH IN IRVINGTON



HOPE RISING CANAAN BAPTIST CHURCH IN NEWARK



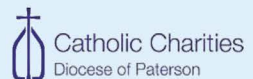
EBEN-EZER CHRISTIAN & MISSIONARY ALLIANCE CHURCH EBEN-EZER FOOD PANTRY IN NEWARK



INTERFAITH FOOD PANTRY OF THE ORANGES IN ORANGE



SDA CHURCH OF THE ORANGES IN ORANGE



FATHER ENGLISH COMMUNITY CENTER IN PATERSON



GREATER REFUGE CHURCH FOOD PANTRY IN PLAINFIELD

New Diabetes Workbook Proves to be Valuable Tool in Fight Against the Disease

Having diabetes can be very serious. But eight out of 10 people do not even know they have pre-diabetes or diabetes. Through community wellness screenings and **Food, Health, Hope: An Answer to Diabetes** (FHH), Summit Health Cares aims to help the underserved population identify diabetes early, then work to change diets and lifestyle behaviors to reduce hospitalizations and save lives. And SHC has developed a new tool to help in this effort - a diabetes workbook, chocked full of educational information and tips for self-care.

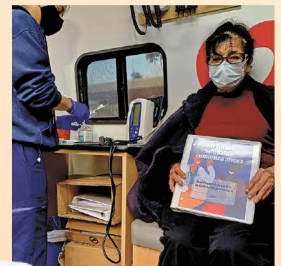
The new diabetes workbook, which has been translated into Spanish and Creole, is given out to every single person who participates in community wellness screenings and FHH. During the course of the year, SHC and Summit Health volunteers use the book to teach participants about prediabetes and diabetes.

"We realized that it is supportive and useful for our program participants to have a physical book that they could refer to as a resource guide," explained **Kerry Kelley, Director of Clinical Programs and Wellness.**

"The diabetes workbook re-enforces the educational information clients are provided during our screenings, which we're finding helps with compliance, keeping their diabetes in check."

In addition to educational information about pre-diabetes, diabetes and HbA1c testing, the workbook includes tips on monitoring, problem solving, taking medication, eating healthy, being active, reducing risk and healthy coping. [With the workbook] *"I learned a lot about healthy eating and how to take care of my diabetes,"* said **Lila, FHH participant.**

SHC is grateful to the **AMA Foundation** for generously funding this project, as well as **The Provident Bank Foundation** for their additional support.



Spotlight: Jill Randolph, Making Masks to Help Protect the Community

As a nurse with Anthem Blue Cross Blue Shield, **Jill Randolph** had been working from home for more than 18 years, so when COVID-19 first hit, her life didn't look very different. Yes, her nine year-old twin boys would now be attending school virtually, but that seemed a small sacrifice in light of all that was happening in the world. As the pandemic took hold though, Randolph found herself looking for a meaningful way to help. An avid crafter (crochet is her favorite), when patterns for masks started

appearing on the internet, Randolph dusted off her sewing machine and began making masks. She started by sending them to family, spread out across the country. *"I needed a distraction when we didn't know which way the world was going,"* she reflected. *"Sewing over and over was almost meditative for me, and I felt I was doing my small part to help keep people safe."*

Once her family was covered, Randolph continued donating masks to organizations where she felt her work could have a real impact. Upon learning that her fellow Cresthaven Academy Charter School parent, **Julienne Cherry**, had joined Summit Health Cares as the Executive Director, the two moms got to talking, like moms do, and a connection was made. *"I really value that Anthem helps promote employee volunteerism, offering employees time off to give back to the community. So it was great to hear that SHC is similarly committed to helping underserved communities, with every employee getting a full paid day to volunteer with the foundation,"* noted Randolph. Soon, she was making masks for SHC to distribute to the clients at food pantries throughout northern NJ who were participating in the free diabetes, hypertension and obesity screenings and education, as well as free COVID-19 testing. *"We have been boots on the ground since COVID-19 began,"* stated Cherry. *"Our clients are low-income, food insecure Black/African American and Latino adults. They are the most at risk for severe complications and death from COVID-19, yet they have the least resources to protect themselves from it. Being able to hand someone a mask they can reuse over and over - it means a lot."*

Randolph has donated nearly 150 masks to SHC and has begun making masks this Winter. *"People are still in need - especially the Black and Brown communities,"* she stated.

"It's important that we continue to be vigilant because this pandemic is not over. We need to protect each other. We're all in this together."



A Fresh, Healthy Way to Feed the Hungry:

Volunteers Gather to Harvest Crops for Local Food Pantries at America's Grow-a-Row

Ever wonder how fresh produce gets to local food pantries? Last November, Summit Health Cares worked with **America's Grow-a-Row** in Milford, NJ to help harvest produce for multiple community food pantries. Along with the SHC staff, several board members, volunteers from Summit Health and **Novo Nordisk Inc.** met at the local farm for a gorgeous day of farming. After a short educational presentation about hunger in New Jersey and SHC's community impact programs, volunteers hit the fields and began yielding cabbage for donation. In total, the group harvested 33,000 pounds of cabbage, providing 132,000 servings of fresh produce to those in need.

*"I had no idea what to expect when I volunteered to participate," exclaimed **SHC Board Member, Peter Hoglund.** "As soon as we began harvesting, I could see so clearly the direct impact our work was having on the community. I look forward to coming back with the SHC Team to volunteer and give back in such a meaningful way."*

America's Grow-a-Row was started in 2002 by Chip Paillex and his (then four-year-old) daughter Kyra in an effort to provide fresh, healthy produce to those in need. With volunteers abound, they're able to educate people about hunger and ways to help those in need, introduce young people to farming, cultivate a culture of giving back among tomorrow's leaders and contribute to the sustainability of agriculture. They deliver heaps of produce every other week to food banks, food pantries and soup kitchens – a total of about two million pounds (or eight million servings) each year.

*"The opportunity to partner with Summit Health Cares at America's Grow-a-Row farm was a great opportunity for the Novo Nordisk team to 'Take Action' and give back to our community," said **Mary Beth Fox, Executive Regional Account Manager, Market Access & Public Affairs at Novo Nordisk Inc.** "Part of our organization's mission is to be socially*

responsible and the day at the farm allowed us to connect with each other (after months apart due to COVID) and live that mission, while partnering with Summit Health Cares to help food banks in need – win, win, win!"

Many of the food banks America's Grow-a-Row provides fresh produce to are ones that participate in SHC's Food, Health, Hope program. The organization notes that about 430,000 New Jersey residents have become food insecure as a direct result of the pandemic (since March 2020) – making it even more important to provide access to healthy, nutrient-rich food – like fresh produce.

*"The need for free, fresh produce for those faced with hunger and food insecurity has skyrocketed as a result of the pandemic and economic crisis," explained **Chip Paillex, President and Founder of America's Grow-a-Row.** "And since the food banks we partner with have been reporting an uptick in demand of around 50%, at America's Grow-a-Row we have responded accordingly by expanding our crop production plans and increased the distribution of our produce donations this year by approximately 60% to match the need."*

America's Grow-a-Row and SHC both aim to positively impact as many lives as possible. Through this volunteer day, their collaboration represented a meaningful way to give back to the community.





Vaccine Hesitancy Project

Provides Opportunity for Community Members to be Seen and Heard



When COVID-19 vaccines were being developed, it became increasingly apparent that some people were hesitant to get the vaccine. **Dr. Hari Nadiminti, Mohs Micrographic Surgeon at Summit Health and Treasurer of the Board at Summit Health Cares**, felt it would be important to better understand COVID-19 vaccine attitudes among Black and LatinX communities who were disproportionately being impacted by the virus. He decided to put together an eager group of students from Princeton, Rutgers University Honors College and the University of Pennsylvania to tackle the project head on. The group, part of the first ever Summit Scholars program, had an opportunity for hands-on learning, while coming up with solutions that could make a true impact on the community.



"This project was something I felt was important to work on because it aimed to raise awareness and debunk misinformation regarding the COVID-19 vaccine," explained **Kat Dinh, Summit Scholars participant and student at Rutgers University Honors College**. *"It's important to educate people about the facts so they can make mindful decisions."*

The Summit Scholars met daily during their winter break and came up with a game plan on how to study vaccine hesitancy. They worked with Mathematica to develop a survey, including 600 people who frequent food pantries (pantries that are community partners with Summit Health Cares) and 465 patients at Summit Health's (SH) Berkeley Heights facility. Then they spent several months getting surveys into the community. Their hypothesis was proven correct - the Black and LatinX communi-

ties showed a significant hesitancy toward the vaccine, and their concerns were mainly around safety, a mistrust of motivations behind the endorsement of authorities and barriers to access.

"Our goal was to bring attention to the inequalities that exist in health care," explained Dr. Nadiminti. *"I am proud of the work we did to bring these to light and to address them head on."* In fact, the work Dr. Nadiminti's team did was highlighted on the local television show, *One on One* with Steve Aduvato, where he and **Julienne Cherry, Executive Director of SHC**, discussed the survey findings and the importance of providing access to health care for all in the community.

"Our goal was to bring attention to the inequalities that exist in health care," explained Dr. Nadiminti. *"I am proud of the work we did to bring these to light and to address them head on."*

The data was clear. SH patient respondents were significantly more likely to have received full or partial vaccination than the food pantry community members - 36% versus 22%. Seventy-five percent of the food pantry community members compared to 34% of the SH patients had concerns about future effects of the vaccine. In addition, more than 25% of the unvaccinated food pantry community members strongly agreed that they did not know how/where they would get the vaccine (compared with 7% of the unvaccinated SH patients), while 19% of unvaccinated food pantry community members were concerned about having to pay for the vaccine (compared with 3% of the unvaccinated SH patients).

Armed with this data, Dr. Nadiminti and his team invented multiple ways to get educational information into the community. They created handouts and translated them into multiple languages for people who didn't have access to the internet, posted info graphics on



Instagram to catch the eyes of people who relied on the internet for information, developed partnerships with local community organizations and the Mayor of Patterson to provide educational information and then - most importantly - they listened. In partnership with SHC's food pantry and community partners, the Summit Scholars showed up at food pantries, Food, Health, Hope events and Health & Wellness Fairs to listen to the concerns community members had and address their questions head-on.

"You have to provide the right education and listen to individual concerns with an open mind," said Dr. Nadiminti. *"We're all on the same page to try to keep everyone as healthy as possible."* Working with community partners, SHC provided access to COVID-19 testing AND vaccinations. The trust SHC had developed in the community, coupled with the Summit Scholars' educational campaign and one-on-one discussions, became the solution that this community was looking for. *"SHC is a trusted symbol of health care in the underserved communities where we work,"* said Cherry. *"Our staff and SH volunteers were 'boots on the ground' at our partner food pantries, providing free medical screenings, COVID testing and administering COVID vaccines. And we'll continue to work in the community to provide care, transforming lives."*

During this pandemic we've all learned that we're in this together! This project certainly took that notion to heart and the result made a positive impact on an entire community.

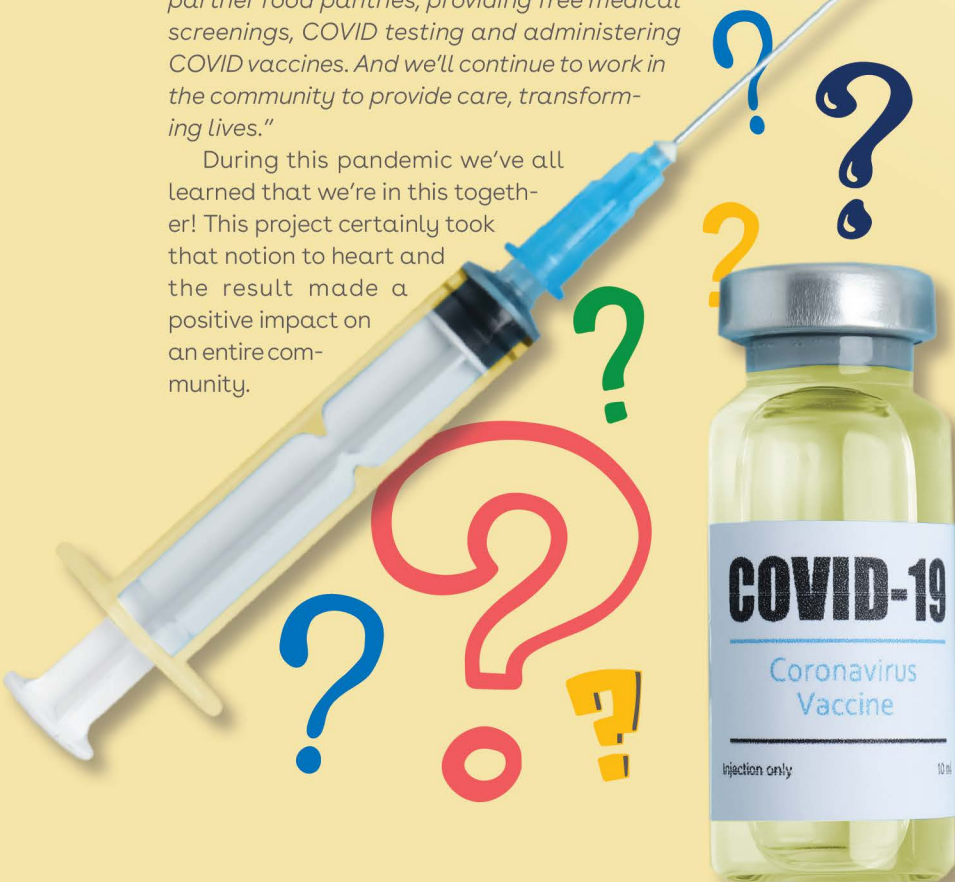


Health & Wellness Fairs Provide Communities Needed Access to Care

At its core, a Health & Wellness Fair is a way for many organizations to come together to provide access to care to help improve other people's lives. Thanks to a generous grant from the **Healthcare Foundation of New Jersey**, Summit Health Cares is planning half a dozen Health & Wellness Fairs over the next six months to provide education, medical care, food, supplies and more to underserved communities and neighbors in need. Many of the upcoming Health & Wellness Fairs will be held at food pantries who partner with SHC in programs that help empower the community.

"What we know is that there's a challenge with our neighbors in need accessing different types of services," explained **Julienne Cherry, Executive Director of SHC.** *"If we understand our community needs food, we work to partner with an organization who can provide Supplemental Nutritious Food Assistance benefits. If we know they struggle with medical care, we can give them access to information about affordable health insurance and work with Summit Health volunteers to offer blood pressure checks and HbA1c testing for diabetes, and even flu vaccines. Equally important is including our local Federally Qualified Health Center to ensure the continuity of care. It's about providing access to what people need within their community in an effort to help sustain the community."*

This summer, SHC held one of these Health & Wellness Fairs in partnership with **St. James Social Service Corporation** in Newark when Newark reached Code Red status. Thirteen other organizations showed up to demonstrate their commitment to the community, offering free goods and services to all attendees. There were three COVID-19 vaccination clinics and



COVID-19 testing (in conjunction with Newark City and Essex County), COVID-19 antibody testing, HIV testing areas, insurance companies providing information on more affordable plans, Veterans' groups and the city of Newark helping people find housing, information and access to **NJ SNAP** (New Jersey's Supplemental Nutrition Assistance Program), period/hygiene products, the police and fire departments talking about safety and more. Summit Health Cares Staff was boots on the ground offering blood pressure screenings while Summit Health physicians dispelled the myths and provided education on COVID-19 to the participants. Summit Health volunteers will also participate at upcoming Health & Wellness Fairs, providing free sunscreen with information on skin cancer and the **Enright Sun Safety Course™** and take-home tests for colorectal cancer coupled with education on good colon health and follow-up when test results are in.

"These Health & Wellness Fairs are even more important now because of COVID-19," expressed **Pamela Singer, Director of Operations & Community Engagement.** *"Through these fairs, we're able to bring multiple partners together so that we can reach out in the community to help people find housing, get access to food and COVID-19 testing. These fairs also help get accurate information to people who are hesitant about getting the COVID-19 vaccine because they're offered an opportunity to sit down and have a real conversation with health care professionals to talk about their concerns and hesitations. That access is incredibly important because many of them wouldn't have it otherwise."*

SHC is grateful to all of our partners for their support and participation in the Health & Wellness Fairs, especially the Healthcare Foundation of New Jersey!

A special thank you to the **Healthcare Foundation of New Jersey** for their support of this project.



SHC Wellness Screenings Break Down Barriers to Health Care

If you don't have health insurance or you're struggling to make ends meet, how do you get the medical care that you need? Do you assume your blurred vision is merely a part of getting older, rather than a symptom of a chronic disease? Summit Health Cares says, "no!" and since 2017, the foundation has been doing its part to ensure those in underserved communities have access to the health care they need through free wellness screenings.

"I don't have insurance so the program allowed me to have my blood pressure checked for free and find out if I was diabetic," said Lisa, a new participant in the wellness screenings. "I was feeling dizzy, light headed and experiencing extreme fatigue. If I hadn't gotten screened, the next step would have been the Newark Hospital Emergency Room. I am so thankful for the medical staff at Summit Health Cares."

Using its mobile unit, SHC has the ability to bring health care directly to the people who need it. From community food pantries to faith-based organizations and community health fairs, SHC and Summit Health volunteers show up to provide free health screenings and education for adults, with a focus on detecting pre-diabetes, diabetes, hypertension and obesity. The mobile unit is like a mini-doctor's office and houses exam stations, with all the tools health care providers need to diagnose patients.

"Many in the underserved communities are not aware of their risk of illness such as diabetes and hypertension," explained Dr. Diane Heller, Urgent Care Center physician and SHC volunteer. "During the screenings, we identify the at-risk individuals and provide resources such as education and information on affordable medical services and prescriptions. Leveraging the resources of SHC, the program partners with community outreach groups to help bridge gaps in health equity."

According to the Centers for Disease Control and Prevention, six out of 10 adults in the United

States have a chronic condition. The goal of SHC's wellness screenings is to proactively provide the health care services and education that many neighbors do not have access to, working to detect risk factors for developing chronic conditions before they occur. This year, SHC also partnered with community organizations to bring COVID-19 vaccinations directly to patients. Summit Health volunteers took the time to sit down and answer questions about the vaccine, while alleviating concerns and sharing accurate information about how to prevent the spread of COVID-19.

And that's not all. SHC is constantly looking for ways to share additional resources with the community. At several food pantry sites, SHC brought in experts to raise awareness about breast cancer during October. With anxiety high during the pandemic, SHC worked with a social worker to share information on mental health programs and hotlines, alongside a free Jin Shin Jyutsu class to help reduce stress among participants. And last fall, Summit Health volunteers offered flu shots to participants, providing access to preventive care that can help reduce hospitalizations. People in the community have shown immense gratitude for the services SHC provides, but they're not the only ones benefiting from these wellness screenings. *"Giving my time and energy has increased my satisfaction with my career at Summit Health, as well as my overall contentment,"* Dr. Heller added.

SHC's wellness screenings are made possible thanks to generous support from **BD**, **Horizon Foundation for New Jersey**, **Healthcare Foundation of New Jersey**, **Margaret A. Darrin Charitable Trust** and **The Provident Bank Foundation**.

Thank you to the **Summit Health nurses, physicians and staff** who volunteer their time to provide medical care in our community - making a positive, lasting impact.





Enjoying the Outdoors—SAFELY!

Summit Health Cares Partners with Boys & Girls Clubs in New Jersey to Help Educate About Proper Sun Protection through Enright Sun Safety Course™



Summertime is when many people, especially kids, are spending more time outdoors. But more time outdoors means more sunshine—and potential skin damage from the sun’s powerful rays. That’s why Summit Health Cares partnered with the **Boys & Girls Clubs in New Jersey** this summer to help educate children about proper skin care and protection from the sun through the **Enright Sun Safety Course™**, proudly run by Summit Health Cares.

“We are delighted to collaborate with SHC on this critical awareness initiative that will potentially save lives,” said **Susan Haspel, State Director for Boys & Girls Clubs in New Jersey.** *“We are excited about bringing this important curriculum to our Club kids while they were at camp and are committed to educating young people and their families about sun safety, not just over the summer, but throughout the school year.”*

Julienne Cherry, Executive Director of SHC, explained that partnering with the Boys & Girls Clubs in New Jersey was an opportunity to engage the thousands of children (mostly ages 5-14) who are participating in summer camp at Clubs. Through the Enright Sun Safety Course,

these children not only had free access to critical information, but also, the opportunity to get certified in sun safety! Cherry and her team also engaged global skin care and beauty

company **L’Oréal** as a partner, who generously provided free sun care products to participating Club kids.

The interactive Enright Sun Safety Course was designed by Summit Health’s skin cancer experts, with three different engaging online courses created to appeal to multiple age groups (five to eight, nine to 12, 13 and up—including adults). With skin cancer rates rapidly increasing, there

is an enormous need to educate young people, and the people who influence them, about the dangers of overexposure to the sun and ultraviolet radiation. Skin cancer is the most common cancer in the United States and worldwide. Risk for melanoma doubles (on average) if you’ve had five or more sunburns, and a single blistering sunburn in childhood or adolescence more than doubles your risk.

Cherry says she’s on a campaign to share sun safety tips with anyone and everyone she meets. *“As an African-American woman, the Enright Sun Safety Course literally stopped me dead in my tracks,”* says Cherry. *“I learned that I was as much at risk for skin damage and skin cancer as a fair-skinned person would be. It changed how I take care of my skin AND my family’s skin. ALL skin colors and types are at risk, and the earlier we learn how to take care of our skin and protect it from the sun, the better.”*

The free online course is named for **Joseph E. Enright, MD**, a Summit Health (formerly Summit Medical Group) internist who lost his battle with malignant melanoma in 1996 at the age of 37. The Enright Sun Safety Course was created in an effort to raise sun safety awareness and help prevent melanoma through education and early detection.

It’s never too early—or too late—to learn about the potential damage that the sun can do, and what you can do to prevent it. To learn more, visit www.ApplyCoverEnjoy.org.



Sun Safety Badges

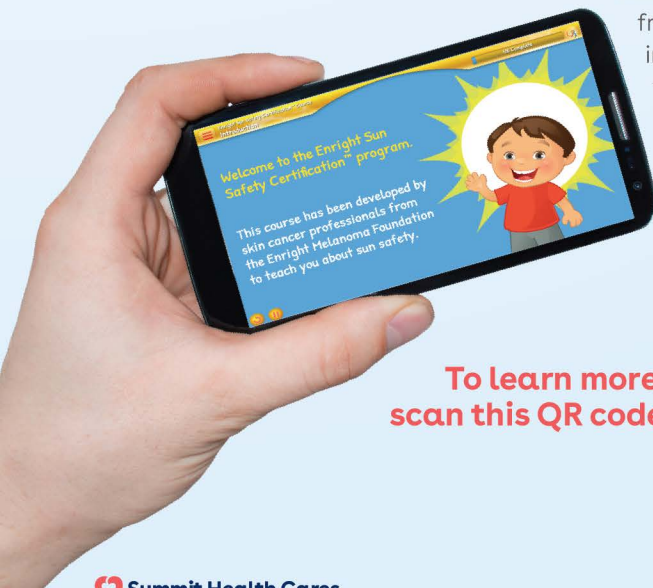
Sun Safety UV Radiation Sun Effects

Skin Cancer Sun Protection



BOYS & GIRLS CLUBS
IN NEW JERSEY

L’ORÉAL
USA



To learn more, scan this QR code:



Fresh Start Initiative Aims to End Period Poverty

Once a month, women all over the world get their period. It's a part of life. However, one in eight women struggles to purchase period products due to a lack of income. And what's more, over 35% of these women report missing work, school or similar commitments due to lack of access to period supplies. *"This is so fixable!"* exclaimed **Julienne Cherry, Executive Director at SHC.**

And it is! A few years ago, two Summit Health physicians, **Dr. Christine Masterson, Chief of Women and Children's Services,** and **Dr. Marnie Cambria Dardanello, Chair, Department of Pediatrics,** joined forces to create the Fresh Start Initiative - a program designed to ensure menstrual equity to prevent period poverty and to provide diapers and baby hygiene products to families who need them. *"Oftentimes, women will have to decide between buying food for their family or buying products like this,"* said Dr. Masterson. Summit Health Cares is putting a renewed effort behind the program because everybody deserves a fresh start.

But interestingly, many people have never heard of period poverty. One in eight women and girls between the ages of 12 and 44 (ages prime for menstruation) lives below the Federal Poverty Line. If you're struggling to pay the bills or put food on the table, finding the money to pay for period supplies can feel impossible. This causes them to miss work, school or similar commitments because they don't have access to these basic hygiene products. *"This loss of going*



Fresh Start Initiative

Get the Facts:

- One in four teens**
in the US has missed class due to lack of access to period supplies.
- 60% of New Jersey families living in poverty**
experience financial distress and struggle to keep up with their bills and cover unexpected expenses.
- One in eight women and girls between the ages of 12 and 44**
(ages prime for menstruation) lives below the Federal Poverty Line.
- In New Jersey, more than 33,000 women**
participate in the Women, Infants, and Children (WIC) Program. Participants of the WIC program receive nutritious food but those living below the federal poverty line face challenges meeting other material basic necessities - like period supplies and diapers.
- One in four women in the US**
struggles to purchase menstrual products due to a lack of income.

to school can lead to increased anxiety, social isolation, and of course, a poor performance in school academically," explained Dr. Masterson.

Last spring, SHC held a Coffee and a Cause event, with proceeds from participants' ticket purchases used to reboot the initiative. Buying one ticket provided period supplies for five to six menstruating individuals for the entire year. In addition, a local high school senior, **Ethan Kohn** (son of Summit Health Pediatric Pulmonologist **Dr. Gary Kohn**), held a feminine and baby hygiene drive, collecting 500 units of pads, diapers, baby wipes, soap - basic hygiene supplies that can easily be taken for granted by some, but are in dire need by others. For example, one in three babies does not have access to a clean diaper.

"Children who remain in a soiled diaper for prolonged periods of time are at increased risk of skin irritation," explained Dr. Dardanello. *"Bacteria in a soiled diaper can lead to increased risk of urinary tract infections. Additionally, children in soiled diapers are often uncomfortable and cranky."*



A \$25 donation can actually provide an entire year of menstrual supplies for a menstruating individual in need. With that one gift, you can help relieve the stress and anxiety for someone, allowing them to live their life without the fear of period poverty.

If you want to help close the gap for a woman in need, scan the QR code below.

Every dollar helps.



ScreenNJ Provides Grant to Help SHC Raise Awareness of Colorectal Cancer

You don't hear many people talking about their colons on a regular basis, but they should. Colorectal cancer is the third most common type of cancer and the second leading cause of cancer death (after lung cancer). That's why Summit Health Cares is working with **ScreenNJ** to raise awareness of colorectal health.

In partnership with the **Rutgers Cancer Institute of New Jersey, the New Jersey Department of Health** and organizations like SHC, ScreenNJ aims to *"increase screening for colorectal and lung cancer, to reduce cancer mortality rates, to reduce disparities and to educate New Jersey residents about the importance of cancer screening, early detection and prevention."* With a grant from ScreenNJ, SHC was able to provide education on colorectal health and take FIT screening kits to food pantries and senior centers to help prevent and detect colorectal cancer. This is critical as many colorectal cancers can be prevented through regular screening tests, but for people without access to a health care provider, regular screening becomes quite difficult.

"ScreenNJ is excited to work with Summit Health Cares to increase awareness and access to screening for colorectal cancer detection," exclaimed **Dr. Rita Musanti, PhD, APN-BC, AOCNP, Co-Director of ScreenNJ.** *"Together with Summit Health Cares, we aim to reach all*

communities with a particular focus on addressing the needs of communities that have known cancer health disparities. Collaborating with community partners and advocates, we bring evidence-based strategies to our communities to increase awareness and delivery of screening services that contribute to creating healthier communities."

In addition to sharing educational information about colorectal health, SHC provided free FIT screening kits at partner food pantries, then participants took them home to administer the test. SHC followed up to encourage them to send in the test, offering a \$20 gift card as an incentive. At senior centers where mobility can be more challenging, SHC returned to collect the tests. Summit Health doctors then followed up with participants to discuss their results, as needed.

"Providing the kits and information directly to the patients is the best way to ensure they will become an advocate for their own health and understand how important this is," said

Monica Cotton, SHC Cancer Resource Center. *"It's a wonderful feeling to provide patients direct access to this kit."*

When colorectal cancer is found early, the chances of survival are incredibly high. SHC hopes to continue providing access to colorectal health education and screening kits to help prevent colorectal cancer.

Thank you to ScreenNJ for this grant - helping SHC to provide essential care, transforming lives.



Institute for Health, Health Care Policy and Aging Research

Spotlight: American Medical Association Foundation



Summit Health Cares is able to reach out into the community to help those in need, due to the generosity of other organizations, community partners and donors. One such organization is the **American Medical Association Foundation** (AMA Foundation), which has been focused on bringing together physicians and communities to improve the nation's health for 70 years. Not only do they provide grants to organizations, like Summit Health Cares, but they also support tomorrow's health care leaders with scholarships and leadership development. In everything they do, they work to ensure health equity, making certain that fundamental health needs are met among ALL in the community.

AMA Foundation provided a three-year grant to SHC supporting the Food, Health, Hope: An Answer to Diabetes (FHH) program. In addition to supporting the program, the grant has also provided for independent evaluations each of the three years of the program to help SHC gain a better understanding of how the various components of FHH impact health changes for participants. Since FHH is a dynamic, evolving program, this data has been critical in tweaking the program each year to better serve the community.

"What stands out is the importance of the relationship food insecure adults develop with SHC staff and volunteers from Summit Health," explained **Ruth Edelman, MSW, Program Consultant for SHC.**

"We can see that our advocacy for access to healthy

foods - especially fresh produce, fruits and vegetables - and the feedback we've received about how participants are changing their behavior are making a positive difference."

During the past three years, the AMA Foundation has also facilitated connections among providers of outreach to vulnerable populations across the country, connecting SHC to similar organizations for mutual support, sharing of resources, ideas and various effective strategies - all of which have contributed to the program's success. Through the AMA Foundation, SHC has also learned about new, national funding sources. Their support has been invaluable.

"The AMA Foundation's staff model the support to us that we pass on to those communities we serve," said Edelman. *"They understand the deep commitment we share, ensuring everyone has access to health care to make their lives better through optimizing their health."*

But that's not all. Early in the pandemic, when N95 masks and surgical gloves were hard to come by, the AMA Foundation provided PPE to SHC, allowing SHC staff and food pantry staff to screen and distribute

food at pantries as safely as possible, minimizing disruptions to FHH. In a nutshell, you could say that the AMA Foundation's support has gone above and beyond grant dollars. They have become a valuable partner, one that has helped SHC make an incredible impact in the community.

THANK YOU to the AMA Foundation for their continued support.



SHC's Cancer Comfort Project Aims to Ease Stress, Making the Journey More Bearable



Patients who receive cancer treatment at Summit Health Cancer Centers know they are in good hands. They are confident that the medical care they are receiving is top of the line. But often lost in the hustle and bustle of blood draws, daily radiation visits and chemotherapy treatments is the emotional, physical and spiritual support that is so desperately needed to survive cancer. Summit Health Cares understands and its Cancer Comfort Project has been the needed solution for cancer patients and their families for four years.

The Comfort Project offers multiple resources, from one-on-one patient navigation services helping access community resources to movement and mindfulness classes, therapeutic music and more - everything is aimed at providing comfort and easing stress and anxiety for patients and their families fighting cancer.

"I thank God every day for the programs Summit Health Cares has," said **Muriel, a patient at Summit Health Cancer Centers** who recently learned about the Comfort Project. *"It's not easy to deal with a diagnosis. Of course you're a nervous wreck and you're under so much pressure because you don't know what's going to happen or what kind of treatment you'll have and for how long. The doctors and the staff at Summit Health were wonderful people and then I spoke with Monica Cotton at the foundation and she just relieved so much anxiety for me."*

Over the past year and a half, many programs offered through SHC's Comfort Project have moved online due to COVID-19. With COVID-19 vaccines widely available and infection rates dropping, SHC has been able to move some of the programs back in-person. Reiki and Healing Touch are now available for patients chairside as they receive infusions. SHC has also re-assembled its volunteer team for in-person navigation services and to circulate the Comfort Cart on the infusion and radiation floors. The Comfort Cart includes an array of complimentary comfort items such as snacks, activities, hand creams, blankets, socks and more. SHC has even increased the number of volunteers

working in Summit Health Cancer Centers to ensure patients have the support they deserve.

"Patient navigation has been more important this year than ever, helping patients find resources that are still available to them - or letting them know what programs are now virtual or what new offerings we have," explained **Monica Cotton, Manager, SHC Cancer Resource Center**. *"Due to COVID, visitors are not allowed in the cancer treatment centers, so the chair-side visits our navigators have with patients have been more welcome than ever."*

Recently, SHC added a new Healing Circle program, where participants find a comforting space for deep relaxation and healing with meditation, sound healing and energy therapy in a small group setting. It's the perfect self-care routine in the healing journey of body, mind and spirit.

Another critical component of the Comfort Project is the Patient in Need fund, providing one-time grants to help patients and families with critical, non-medical expenses. Since the inception of the fund in 2018, the amount available to patients has quadrupled, making a palpable difference during a time when many people are struggling. *"I personally feel so strongly about the fund,"* explained **Dr. Molly Gabel, Summit Health's Medical Director of Radiation Oncology**. *"It's our obligation to do this - to help patients."* The most frequent requests patients have are to receive help with everyday bills (e.g., rent, utilities), grocery cards to help with increased food expenses due to some specific dietary needs during treatment or travel to their treatment appointments.

"I am very grateful for your assistance with the Shop Rite gift card," exclaimed **Christine, a recipient of the Patient in Need fund**. *"It makes my life-long journey just a little easier and helped with food in general and through the holidays. I'm so thankful for your help, care and friendship."*

Through the Cancer Comfort Project, SHC continues to stand tall with patients and their families fighting cancer because we know that sometimes, it's the little things that make a big impact in someone's life.





Dr. Marcia A. Sherman Scholarship Helps Make Dreams Come True



Overcoming obstacles. Helping others. Being compassionate. These traits are at the heart of the Dr. Marcia A. Sherman Scholarship, established in remembrance of former Summit Health physician, Dr. Marcia A. Sherman.

This summer, two amazing women who embody these traits - **Dr. Adesuwa Okesanya** and **Rosa Espinales** - were awarded the scholarship in Dr. Sherman's memory. The scholarship honors female medical students of color who exemplify Dr. Sherman's determination to overcome the obstacles that many newcomers face, providing access to funds that will help them pursue their health care dreams.

"I'm completely humbled that I was given a scholarship in honor of Dr. Marcia Sherman, who was, in her own right, a wonderful physician," shared Okesanya. "And I feel incredibly honored to have this scholarship in her name and to be able to do hopefully great things within the health care system in honor of her."

Okesanya completed medical school and is currently a hospitalist at Summit Health, assessing patient situations and coordinating patient care. She's simultaneously enrolled in the Johnson School of Management at Cornell University, pursuing an Executive Master of Business Administration and a Master of Health Care Leadership, with a goal of enhancing health care delivery.

"We've come off of a pandemic, which has given us a lot of food for thought. We see that we need a lot of improvements in our health care system." She's eager to help make a positive change.

Espinales moved from Ecuador to the United States in 2015 in pursuit of a better education. She's known she wanted to become a doctor from a very young age. Espinales is from a small

town in Ecuador where there is no public transportation or hospital, requiring people to travel about an hour for medical care. *"When I was young, my mom experienced a stillbirth and I was so sad because I was not able to help her," she explained. "In that moment, I realized how important it was for me to study medicine because I can't bear to see people suffer."* After completing her undergraduate degree, she began working towards a



Master of Science in the Physician Assistant Program at the CUNY School of Medicine. Her goal is to specialize in general surgery and work at New York-Presbyterian Hospital in the surgery department. And we have no doubt she will.

Both Okesanya and Espinales are enthusiastic, dedicated and ready to help countless patients and families in the future. They are the reason Dr. Sherman's husband, John O'Neil, established the scholarship. And they are the health care leaders of tomorrow.

Scarf, Hat & Glove Drive Keeps the Community Cozy During Chilly Months

To help keep local residents warm this winter, Summit Health Cares organized a drive to collect new scarves, hats and gloves. Donation boxes were set up at multiple Summit Health and CityMD locations and community members were also invited to donate funds so that SHC could purchase new items to help keep the chill at bay for those in need. More than 2,600 cozy items were donated to local food pantry clients who needed a little extra help staying warm.

Without our **SH and City MD staff Ambassadors**, we could not have made this effort impactful. Thank you to all who donated to help the underserved make it through the difficult winter months.



Summit Health Cares and Liquid Technology Team Up to Give New Jersey Students a Boost to Start the School Year

For the past five years, Summit Health Cares has filled backpacks with donated supplies, distributing them to local children in need at the start of each school year. Working together with the **Boys & Girls Clubs** and local food banks, the backpacks include essential items, like pens and pencils, notebooks, folders and glue sticks. But this year, more than 100 of those backpacks included an exciting surprise – a laptop!

The gently used laptops, donated by Summit Health were collected and securely wiped by **Liquid Technology**, a New York City based IT Asset Disposition firm. Summit Health Cares then included the laptops in the back-to-school backpacks, nestled alongside other school essentials.

“Every program Summit Health Cares provides is essential,” said **Julienne Cherry, Executive Director at Summit Health Cares**. “From health screenings to college scholarships for high school students interested in pursuing health care as a profession, each program makes a huge difference to the individuals we touch. But our annual backpack distribution has special significance this year after a prolonged period during which the pandemic so negatively impacted the learning experience. Children are excited to get back to school, and are happy to have the backpacks and supplies every year, but to be able to provide a laptop too, is beyond gratifying. I can’t thank Summit Health and Liquid Technology enough for making this happen,” she added. SHC also donated several laptops directly to food pantry partners so that leaders, highly involved in the community, could provide laptops for school work to families who they had already

identified as in need. **Miranda Quarles, Director of one of these food pantries – Greater Refuge Church Food Pantry**, was thrilled to be the bearer of good news. She said, “I couldn’t wait to call this family to let them know that their kids were going to have a laptop to do their homework. They won’t have to worry anymore because now they will be able to get their work done at home because Summit Health Cares is concerned about people in this community.”

Abu Bakar, Summit Health’s Chief Information and Digital Officer was pleased to put the extra laptops to such good use. “When we saw that we had over 100 extra laptops, we immediately thought of how they could benefit others and knew that SHC would be the best place to donate them,” Bakar explained.

“Working with Liquid Technology on this, assured us, our patients and affiliates, that all the information on those computers would be securely erased and that the computers would be fully operational but also fully wiped.”

Liquid Technology’s managing partner, Richard Greene, explained that the firm’s work with Summit Health and Summit Health Cares is part of the company’s larger commitment to social and digital equity causes. Greene expressed, “As a company, we’ve been committed to creating equity and have worked with many clients to turn their IT assets into charitable donations. We’re thrilled to add new communities and initiatives to our efforts and look forward to continued opportunities to do so with Summit Health and Summit Health Cares.”





Summit Health Cares Board Adopts Families for the Holidays



The holidays are a joyous time of year for so many people. But for families who are struggling on a daily basis, the holiday season means more financial strain, added stress and a fear of disappointing those you love. Last December, the Summit Health Cares Board of Trustees stepped in to help 30 families, making the holiday season a little brighter and much merrier.

SHC Executive Director, **Julienne Cherry**, approached **DeAndre Hollingsworth**, Executive Director of the Boys and Girls Club of New Jersey, a long-time community partner, to see if they had any children who needed help during the holidays. In the past, the foundation has donated toys from a toy drive to the Boys & Girls Club, but this year, SHC was hoping to do a little more. He responded with a list of families who could use an extra hand - all of whom were right there in Union County, where SHC is based. Cherry presented the idea to the Board of Trustees, hoping Board members would be interested in adopting a few of the families. She was thrilled when the Board asked to adopt ALL of the families on the list.

"There was no doubt in my mind that I wanted to 'adopt' a few of the Boys & Girls Club families for Christmas as soon as Julienne mentioned the idea," explained

Board Member Sondra Barrison. "I love giving gifts in general, and the opportunity to make a family's Christmas just a little brighter seemed even more rewarding. I am grateful that I'm in the fortunate position of being able to make an impact on these families simply by purchasing clothes, shoes, toys and gifts. I put my heart into finding items that would bring them joy and let

them know they were loved and supported by people in their community. I am hoping that 'my' deserving families had a wonderful and special Christmas."

After the successful adoption of so many family members, Cherry went back to Hollingsworth to see if the SHC Board could help any other families. Hollingsworth shared a list of children who would benefit

from some warm weather gear, so Cherry mobilized a donation of hats and gloves to keep them cozy this holiday season.

"I'm very grateful to have had the opportunity to be part of these families' Christmas celebrations," said **Katherine Liu, SHC Board Member.** "Now more than ever, we need to come together as a community and help each other as best we can! I hope that with these gifts, sincerely and joyfully given, we can continue to spread the message of 'peace on earth, goodwill toward men *and women!!*' that marks the spirit of the holidays."

The SHC Board has proven, once again, that it is immersed in the mission it preaches and dedicated to giving back to the community.



BOYS & GIRLS CLUBS
IN NEW JERSEY



FORE! Summit Health Cares' 9th Annual Golf Invitational Was a Huge Success

A challenging round of golf, magnificent surroundings and a good deed done sum up Summit Health Cares' 9th Annual Golf Invitational. Held this spring, the event went off without a hitch, with nearly 200 participants enjoying a good-natured competition across 27 holes of golf at the Hamilton Farm Golf Club in Gladstone, NJ. Players followed the Centers for Disease Control and Prevention guidelines for a safe, yet exciting event. After a full day on the greens, golfers gathered, socially distanced, at the annual reception and awards dinner.

"This year, support for our Annual Golf Invitational was more important than ever," explained **Joe Finocchiaro, Vice President of Development & Marketing, SHC.** "We were thrilled to host a safe, sold-out event knowing that the proceeds will allow us to help our community during such a difficult time."

Proceeds from the Annual Golf Invitational will help SHC continue providing outreach in local underserved communities, where the need for health and wellness resources has never been greater. From the onset of the pandemic, SHC and Summit Health volunteers were out at our partner food pantries, continuing to provide free medical screenings, education and 1-on-1 counseling for diabetes, hypertension and obesity, as well as free COVID-19 testing. Free vaccination events in partnership with local health departments took place throughout the spring, summer and fall in Essex and Union Counties. Every week, SHC's Cancer Comfort Project mind-body programs met virtually to safely serve patients and families fighting cancer, and are slowly beginning to begin in person, with strict guidelines in place. Though the pandemic has changed life as we know it, SHC has remained committed to our mission and continues to provide care, transforming lives in the community.

SHC is especially grateful to the volunteers, sponsors, partners and community members who helped make this event a success. THANK YOU for your generosity.

Finally, congratulations to all of the participants. See you next year for more birdies!



THANK YOU TO OUR 2021 GOLF INVITATIONAL PARTNERS:

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WARBURG PINCUS



Photography Sponsor



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Sunscreen Sponsors



CONGRATULATIONS

to all of our RAFFLE winners! (Like last year, in light of COVID-19, raffle winners chosen at random using our online software platform):

DR. DAVID ABRUTYN

ERIC BLACK

DIANE RUSSO

SHARYN BILENKER

GINA CHAVES

MELISSA SELKE

JOE ALTOBELLI

PETER GARBERA

DR. WILLIAM DIEHL

DR. JOHN CUNNINGHAM



Summit Health Cares Virtual Gala & Auction Raises Critical Funds During the Pandemic

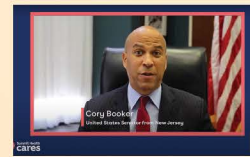
2021 was all about pivoting, and at Summit Health Cares, that's exactly what we did in order to bring our annual gala & auction to our community. Participants enjoyed this year's virtual event from the comfort of their own homes, while nibbling on specially curated delicacies delivered directly to their doors. The typical gala celebratory spirit was in full force as SHC honored the Health Care Heroes from Summit Health - all the men and women bravely helping those in need during the pandemic.

"We're grateful for the generosity of people during these tough times - sticking with us as we help those in need," said **Joe Finocchiaro, SHC Vice President of Development & Marketing.**

Hosted by Christopher J. Hanke, actor, and Paul Zekos, celebrity auctioneer, the gala raised crucial funds to ensure SHC can continue to fulfill its mission. "Over the next couple of years, you will hear the words access and impact at Summit Health Cares," explained **Julienne Cherry, SHC Executive Director.** "With the funds raised at our Virtual Gala & Auction, we're able to help our neighbors in need, providing them access to medical, educational and social services. That's critical 365 days a year, but right now, it's more important than ever."

In 2020, SHC was forced to cancel its annual gala, the biggest fundraising event of the year. That made this year's event even more essential. In addition to bidding on unique auction items, guests were flooded with celebrity appearances by **Howie Mandell, Alec Baldwin, Jay Leno, Andy Cohen, Lance Bass,** and more while enjoying musical performances by **Colbie Caillat, Shoshana Bean** and **Noah J. Ricketts.**

A special thank you to the community partners, donors, participants and everyone who rallied together to make this year's virtual event a success! Together, we can continue to make a positive impact - providing care, transforming lives.



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THANK YOU TO ALL THE GENEROUS SPONSORS WHO HELPED MAKE THIS EVENT POSSIBLE:



Broadway's Brightest Stars Join Forces at this Year's Broadway Rocks Cancer

When Broadway reopened its theater doors in the fall of 2021, New York and New Jersey residents - and many around the world - were exuberant. As the saying goes, the show must go on! Summit Health Cares was thrilled to host many of these talented performers during December's Virtual Broadway Rocks Cancer event - a must-see production benefiting SHC's Cancer Comfort Project.

This free, virtual event featured Broadway's brightest stars singing and performing to a variety of show tunes - all in an effort to raise funds to help provide comfort to patients and their families fighting cancer. Many of SHC's Cancer Comfort Project offerings moved online during the pandemic, including virtual Pilates, Jin Shin Jyutsu and Movement and Mindfulness classes - as well as weekly concerts with the beloved Bob Egan. Funds raised during the event also support critical programs, like one-on-one

patient navigation (connecting patients and their families with needed community resources) and the Patient in Need fund (providing one-time grants to help patients and families with critical, non-medical expenses, reducing anxiety and allowing them to focus on getting healthy). The funds raised at this year's event allowed SHC to continue offering services that provide the emotional, physical and spiritual support cancer patients need and deserve.

"Most Americans have been affected by cancer in some way - I certainly have," exclaimed **Joey Taranto, actor and performer** at this year's event. "Programs like this are essential and provide a lifeline during what can be a very unsettling time. I've seen the benefits of having a support system like this. It can make the difference in a patient's outlook on the path to healing and I'm proud to contribute to it in any way I can."

BROADWAY Rocks Cancer

HOST:



MATTHEW SCOTT
Jersey Boys,
An American in Paris



JESSICA VOSK
Wicked,
Fiddler on the Roof



NORBERT LEO BUTZ
2X Tony Winner,
My Fair Lady



LESLIE RODRIGUEZ KRITZER
Beetlejuice,
Legally Blonde



J. HARRISON GHEE
Mrs. Doubtfire,
Kinky Boots



ADAM KAPLAN
The Big Leap on FOX,
A Bronx Tale



NOAH J. RICKETTS
Frozen,
Beautiful



HANNAH CRUZ
Hamilton



JEIGH MADJUS
Moulin Rouge!



JELANI REMY
Ain't Too Proud,
Smokey Joe's Cafe



JOEY TARANTO
Kinky Boots,
Rock of Ages



CHRISTINE DWYER
Waitress,
Wicked



BROOKE WILICHOSKI
Annie,
Ragtime



NATALIE JOY JOHNSON
Kinky Boots,
Legally Blonde

SHC Professional and Personal Development Workshops Offer Valuable Support

Building the Next Generation of Resilient, Confident Health Care Providers

We all recognize the importance of continuing to grow both professionally and personally in order to be the best we can be. But sometimes life gets in the way. Finding the right classes or the time can be a challenge. This winter Summit Health Cares provided a solution with Professional and Personal Development Workshops for Summit Health Cares 2021 scholarship recipients.

“One of the many benefits of inclusivity is the ability to fully leverage the talents and capabilities of a diverse workforce,” explained **Natalie Thigpen, Senior Vice President of Diversity, Equity and Inclusion at Summit Health.** *“High-performing organizations recognize and cultivate talent throughout the organization. The workshops will introduce team members, who have taken the initiative to advance their skills in order to grow their Summit Health careers, to a range of concepts, tools and resources to support their personal and professional development.”*

The goal of these value-added workshops was to support the development of recent scholarship recipients, many of whom are working in entry level roles at Summit Health.

The line-up of speakers and content was stellar.

- **Confidence Building with Margaret Clarke, LPC:** understanding the importance of knowing your values and the role values play in navigating difficult choices, setting boundaries, developing inner strength and discipline
- **Problem Solving and Resiliency with Elizabeth Nikol, DHC, LCSW, A-CBT:** developing a mindset to adapt/change while determining career changes, dealing with unforeseen developments (like COVID or job set backs)
- **Career Advancement** with a diverse panel, including **Marc Torres, VP of Operations, CityMD, Renee Diego, District Manager, CityMD, Leigh Ann Behre, Program Manager, Quality & Patient Experience, Summit Health, Jessica Rouse, RN, Clinical Operations, Summit Health:** how to work towards career advancement.
- **Financial Resiliency: Nancy Wheeler, Financy, LLC:** how to build a financial plan, what resources are available to support financial resilience.

SHC is committed to fostering a successful path for the next generation of health care providers. For more information on how SHC works to educate future leaders, visit www.sh-cares.org.



Your Giving Matters

We've learned throughout the past two years how much we all need each other. And the underserved in our community need us now, more than ever. We want you to know how grateful we are to you. Your support matters!

Thank you to individuals, foundations, community partners, small businesses and corporations - all who supported us, allowing us to provide access to care for the underserved in our community, making a positive impact along the way. With your help, we'll continue providing care, transforming lives. Thank you!

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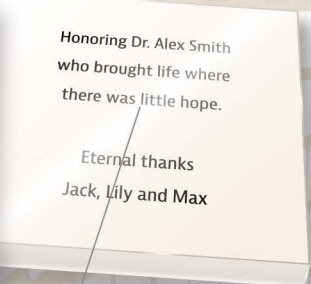
Though each cancer patient's journey is individual, he or she is not alone.

Summit Health Cares has created a permanent Wall of Inspiration to help represent loved ones and the medical professionals who stand strong together to fight this disease.

All are invited to purchase a tile honoring a loved one, supporting a

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Proceeds from the wall support the care, comfort and compassion SHC provides in myriad programs available to cancer patients and their families.



Inscribe a personal message of love and hope;

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